Lasagne

NIBBLEDISH CONTRIBUTOR

Ingredients

- Oven Ready lasagne sheets
- 1 eggplant sliced and grilled (soak in salt water for 30 mins to remove the bitterness)
- 1 carrot chopped
- 250 gm of minced beef
- 1 large ripe tomato chopped
- 1 tbsp of tomatoes concentrate
- 1 white onion chopped
- 3 cloves of garlic diced
- Olive Oil
- Handful of shredded mozarell and parmesan cheese

For the bechamel

- 1/2 cup of butter
- 1/2 cup of flour. (I used all purpose flour)
- 3 cups of milk
- 1/4 an white onion
- pepper and salt

Instructions

To prepare the bechamel

1. Over low heat, add the butter to the saucepan, when bubbling, add the flour and stir. Make sure they do not turn brown.
2. Add milk and stir with a whisk
3. Add onion, season with pepper and salt.
4. Cook till you get a thick and consistent mixture.
5. Set aside

To prepare the lasagne

1. Grilled the eggplants
2. Sautee the onions and carrots until soft
3. Add the garlics and minced beef.
4. Add tomatoes and tomatoe concentate
5. Cook until the juices are absorbed.
6. Season with pepper and salt to taste
7. Scoop 1/3 of the beef mixture, spread over the bottom of the casserole dish
8. Layer over with the lasagne sheets
9. Spread the bechamels over the sheet and add the eggplants on top
10. Add another layer of lasagne sheets
11. Continue the layering process
12. Top with shredded mozarella and parmesan cheese
13. Bake in a pre-heated oven at 180C for 40 to 45 mins.
14. Cool for 10 mins before serving